

Do not Faint in Well Doing

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There are several tools God has given that are a part of spiritual sustainment such as prayer, the Word, fellowship, patience, and contentment. Sustainment means to continue moving forward even while under pressure. It means to refrain from going backwards or losing ground. It does not mean standing still, stop growing, stop bearing fruits of increase. It means to trust G-d with where you are, with what you are doing, with why you are doing it even if circumstances contradict and until G-d says otherwise.

Continual prayer is vital to the sustainment of your spiritual well being during difficult times. **I Thes. 5:16-18** *16Rejoice evermore. 17Pray without ceasing. 18In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

Getting in the Word of God is vital to spiritual sustainment. **John 5:24** *Verily, verily, I say unto you, He that heareth my **word**, and believeth on him that sent me, hath everlasting **life**, and shall not come into condemnation; but is passed from death unto **life**.* **John 6:36** *It is the spirit that quickeneth; the flesh profiteth nothing: the **words** that I speak unto you, they are spirit, and they are **life**.*

Fellowship is essential to sustaining a healthy spirit and soul. **Acts 2:24** *And they continued stedfastly in the apostles' doctrine and **fellowship**, and in breaking of bread, and in prayers.* **Hebrews 10:25** *Not forsaking the **assembling** of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*

Contentment is a must to your spiritual health. **Phil. 4:11** *Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be **content**.* **I Timothy 6:6** *But godliness with **contentment** is great gain.* **Hebrews 13:5** *Let your conversation be without covetousness; and be **content** with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*

The precept, relative to sustaining your spiritual wellbeing in this message, is that of the encouraging life through the Word of God spoken from our lips.

Galatians 6:1-10 *1Brethren, if a man be overtaken in a fault, ye which are spiritual, **restore such an one in the spirit of meekness**; considering thyself, lest thou also be tempted. 2**Bear ye one another's burdens**, and so fulfil the law of Christ. 3For if a man think himself to be something, when he is nothing, he deceiveth himself. 4But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another. 5For every man shall bear his own burden. 6**Let him that is taught in the word communicate unto him that teacheth in all good things.** 7Be not deceived; God is not mocked: for **whatsoever a man soweth, that shall he also reap.** 8For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap **life everlasting.** 9And **let us not be weary in well doing**: for in due season we shall reap, **if we faint not.** 10As we have therefore **opportunity**, let us do good unto all men, **especially unto them who are of the household of faith.***

The precept we find here in the principle of **spiritual sustainment** is to to be an encourager first to others, especially the brothers and sisters in Christ of our own household or fellowship. Be one who continually builds up instead of tears down. Even if you think you have the right to say this or share that about another, you choose the better to speak positive and avoid the negative road of speech. In this nothing can ever be said evil of your speech. When you speak evil of others it tears down your own soul. Even when you have been severely hurt or wounded, you still do not have the right to speak evil of another.

Men cannot change anything about another. Only the Holy Spirit can make a difference. The only difference we can make is the attitudes and words we choose to speak to them and about them. Let your words be life, even regarding those who speak evil of you or transgress against you. The fruits of your lips share bear witness to the fruit of your soul. Ours is but to love, bless, encourage, and lift up. To mend the broken hearted and bridge gaps. Not to further divide and burn bridges.

I would love to see more of God's people committed, faithful, and consistent but I have resolved that they will not all be. If many only come on Sunday night or for an occasional visit, at least they have come and are not in the world. At least I have had the privilege of the Father to plant some seed of hope and life into them. At least Father has given you the opportunity to practice His love.

Notice here in **Galatians 6** that it does not say to restore you brother from a sin necessarily, but simply a fault. God knows we all have faults. Regardless, it says restore them in the spirit of meekness. That does not necessarily mean you are to go confront them, but to pray for them, encourage and admonish them with words of life unto righteousness. We need to realize that often many may be being condemned in their own hearts. Come to them in mercy, humility, being aware of your own faults.

He goes on to say we are to **bear one another's burdens**. Again, it does not mean you have to go to them and get all the juicy details or find out the scoop. Too often I see the paparazzi mentality in the church; ***an aggressive effort to get more information about someone's problem rather than aggressively encouraging and lifting them in prayer.*** It's like we have to share what we found out in the latest Victory Enquirer. Let us grow past this mentality in this family of believers. Let each possess the mature and self-controlled ability to **control the tongue, restrain the grapevine, and discipline our hearts motives to bring life to one another.**

He says here in **Galatians 6** that as we help our brothers and sisters bear their burdens we will see each one grow to bear their own burdens and then be able to help another. To bear my brothers burden means I have a responsibility to ensure they do not faint, grow weary, do not fail in their trials and tribulations but their struggle becomes mine in that I am my brothers keeper. As I strengthen my brother I am strengthened. **As my lips bear fruits of life so my soul receives fruits of life.**

The only thing that will keep you from reaping fruits of life is not sowing fruits of life. The only thing that will cause you to faint, quit and give up is if you are not planting life in someone else. Your spirit is made strong, when in the Spirit of Christ, you lift up the spirit of another. There are always opportunities to plant seeds of life. If we cannot see these opportunities or do not embrace these opportunities, then we do not store up in the spiritual storehouses of our souls the fruit of life when in our seasons of weariness we might find strength.

Why do we so often grow weary in well doing? For some it is because we are trying to do well or obey God's Word out of our emotions or our own strength. We face trials and troubling circumstances in our lives and try to cope with them from our own knowledge, reasoning, fear, or worry. We let our emotions get the best of us and lose a righteous perspective. We forsake godly wisdom and counsel and do what we think is best. Soon we find ourselves faint, withdrawn, falling into despair out spinning out of control. For some of us the constant redundancy and pace of it all just grows heavy on our flesh. For most all it is because we have not developed healthy spiritual lifestyles. Our spiritual life is much like our physical health and our eating habits. We do not have consistency in our prayer life, we do not have consistency in seeking the Word of God, we do not have someone imparting life into us, and we are not practicing the principle of imparting life into others. If we were to measure the counterproductive seeds in our life to the productive seeds that bring life we would have a deficit of good life seeds and thus on the road to a spiritual burn out or fainting in our well doing.

So how do I continue in doing well without fainting? Romans 2:1-7 *1Therefore thou art inexcusable, O man, whosoever thou art that judgest: for wherein thou judgest another, thou condemnest thyself; for thou that judgest doest the same things. 2But we are sure that the judgment of God is according to truth against them which commit such things. 3And thinkest thou this, O man, that judgest them which do such things, and doest the same, that thou shalt escape the judgment of God? 4Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance? 5But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God; 6Who will render to every man according to his deeds: 7To them who by patient continuance in*

well doing seek for glory and honour and immortality, eternal life:

It seems that the first thing we want to do when we begin to grow weary is grumble, murmur complain and judge someone else. When we grow tired of doing what is right and our duty in Christ we suddenly have a desire and the strength to do something else like bit each other. We begin to judge one another and speak negative or evil of someone else.

Folks, well doing is not easy. Understand that there is a difference between a *reason* and an *excuse*. A reason by definition is a statement offered in explanation or justification. But an excuse is to try to remove or shift blame. Again, it is as with Job. He grew weary but did not faint in his faith. His friends came and tried to give him excuses or somehow place blame on hi, but in his heart he knew that God had a reason. His was but to patiently endure for G-d's glory. His was to continue in the ways of G-d no matter what. His was to practice patience and self-control. He understood deep in his spirit that **to them who by patient continuance in well doing seek for glory and honour and immortality, eternal life.**

Sometimes our words even make the Lord weary. Malachi 2:17 *Ye have wearied the LORD with your words. Yet ye say, Wherein have we wearied him? When ye say, Every one that doeth evil is good in the sight of the LORD, and he delighteth in them; or, Where is the God of judgment? When we justify, condon sin, or live as if G-d is overlooking or not listening to our words.*

I Peter 4:19 *19Wherefore let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator.*

I Peter 2:12 *12Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation.*

We have all been hurt by the words of others. We know that the tale bearing, gossip, and negative words of others is very hurtful and destructive to our souls (mind, will, and emotions). They tear down and cause us to grow weary in our well doing. But the most destructive to our soul, are the very words that we allow to come from our own lips. Words of bitterness, anger, discontentment, or negative perception. Let your words either be few or let them be life.

What is the pattern of sustaining a healthy spiritual life of well doing? Just as you have to choose to eat healthy, limit or restrain your portions, exercise, and find time to relax. So it is with your spirit. Make time for prayer other than over you chicken or in a service. Make time to do more than read a few verses but study the Word of God. Seek out fellowship and opportunities for impartation into you and from you into others. Be patient, set spiritual goals, be content, and speak life in all that you say and do. I desire to be so like Christ that every word that comes out of my mouth is a word of life and wisdom. That never a negative, discontent, frustrated, unloving, or selfish word be on my lips.

Fruits of life are to the soul of those who live as if they will account to their faithful G-d for every word spoken from their lips. This is desire of Father and should be the desire of all who are called by His name.